

Code	NAME	Energy Value (kcal)		Fat (g)		Sat.fats (g)		Carbohydrate (g)		Tot.Sugar (g)		Dietary Fibre (g)		Protein (g)		Salt (g)	
		portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g
<b>PING PONG SELECTION SET MENUS</b>																	
66	ping pong selection	551.3	171.7	27.3	8.5	5.8	1.8	65.5	20.4	8.7	2.7	3.1	1	14.2	4.4	2.6	0.8
67	vegan ping pong selection	461.7	173.6	21.8	8.2	4.1	1.5	60.9	22.9	5.7	2.1	4.0	1.5	7.1	2.7	3.09	1.16
<b>CNY SPECIALS</b>																	
111	aubergine oriental salad	180.3	72.8	12.0	4.9	1.3	0.5	13.9	5.6	12.1	4.9	4.1	1.7	3.3	1.3	4.70	1.90
31	dragon balls	241.5	254.2	9.9	10.5	2.6	2.8	26.2	27.5	6.6	7.0	0.1	0.1	9.7	10.3	1.40	1.40
112	giant soup dumpling	89.1	162.0	3.0	5.5	1.0	1.8	12.5	22.7	0.7	1.3	0.9	1.7	3.5	6.4	0.48	0.87
228	green tea & mascarpone dorayaki with vegan vanilla ice cream	287.8	230.2	11.4	9.1	8.2	6.5	41.7	33.4	26.1	20.9	0.4	0.3	3.0	2.4	0.23	0.18
<b>KIDS MENUS</b>																	
360	little pandas crispy chicken rice bowl	515.9	191.1	14.8	5.5	1.7	0.6	70.9	26.3	12	4.5	4	1.5	25	9.3	1.8	0.7
361	little pandas crispy tofu rice bowl vg	738	235.8	29.5	9.4	3.9	1.3	86.3	27.6	14	4.5	4	1.3	29.7	9.5	1.7	0.6
429	little pandas dim sum set menu	698.1	168.2	17.8	4.3	7.9	1.9	114.0	27.5	28.6	6.9	1.1	0.3	23.5	5.7	1.5	0.4
432	little pandas vegetarian set menu	933.1	219.6	24.1	5.7	5.5	1.3	158.2	37.2	12.9	3.0	1.2	0.3	21.5	5.1	0.8	0.2
<b>LUNCH BENTO BOX</b>																	
	Bento 1 (spinach dumpling + chicken katsu curry)	1279.9	171.0	41.6	6.0	6.3	0.9	168.5	23.9	14.7	1.9	13.0	2.2	68.9	7.9	9.92	1.30
	Bento 2 (seafood dumpling + chicken katsu curry)	1285.5	172.7	45.3	7.0	6.8	1.0	159.1	21.2	12.4	1.3	12.1	1.9	68.5	7.8	9.06	1.09
	Bento 3 (chicken gyoza + chicken katsu curry)	1256.7	170.9	43.1	6.6	7.7	1.4	154.0	20.6	13.0	1.6	13.2	2.3	67.1	7.7	9.12	1.14
	Bento 4 (spinach dumpling + crispy tofu)	1056.9	204.5	41.7	8.8	5.6	1.2	137.9	25.6	7.5	1.6	12.7	2.3	42.3	7.7	5.00	1.05
	Bento 5 (seafood dumpling + crispy tofu)	1062.5	206.2	45.4	9.8	6.1	1.3	128.5	23.0	5.2	0.9	11.8	2.0	41.9	7.7	4.14	0.84
	Bento 6 (chicken gyoza + crispy tofu)	1033.7	204.4	43.2	9.5	7.0	1.7	123.4	22.4	5.8	1.2	12.9	2.4	40.5	7.5	4.20	0.89
	Bento 7 (spinach dumpling + chicken skewers)	942.1	167.5	35.0	6.7	7.2	1.3	121.3	21.4	13.8	2.6	12.1	2.1	48.7	8.2	5.50	1.10
	Bento 8 (seafood dumpling + chicken skewers)	947.7	169.2	38.7	7.7	7.7	1.5	111.9	18.8	11.5	1.9	11.2	1.8	48.3	8.1	4.64	0.89
	Bento 9 (chicken gyoza + chicken skewers)	918.9	167.4	36.5	7.3	8.6	1.8	106.8	18.2	12.1	2.2	12.3	2.3	46.9	8.0	4.70	0.94
<b>NIBBLES</b>																	
224	prawn crackers gf	122.5	266.4	4	8.7	0.3	0.6	21.3	46.3	5.7	12.4	0	0	0.3	0.6	0.49	1.05
264	edamame with celery sea salt vg gf	179.8	119.8	7.7	5.1	0.9	0.6	13.2	8.8	3.2	2.2	7.7	5.1	17.7	11.8	1.5	1
83	seaweed salad vg	102.1	71.4	4.3	3	0.1	0.1	14.3	10	2.9	2	0	0	1.3	0.9	1.3	0.9
287	long stem broccoli vg	100.0	100.0	5.8	5.8	0.7	0.7	7.8	7.8	6.3	6.3	3.1	3.1	4.4	4.4	0.6	0.6
<b>SOUPS</b>																	
177	tender chicken creamy noodles soup	580.2	91.8	16.3	2.6	2.4	0.4	78.1	12.4	3.4	0.5	5.4	0.8	25.9	4.1	1.8	0.3
182	tender tofu creamy noodles soup vg	434	61.7	0.8	0.1	0.2	0	73	10.4	3.9	0.6	7.1	1	30.2	4.3	4	0.6
189	ping pong chicken noodles	377.8	125.1	2	0.7	0.5	0.2	74.2	24.6	2.2	0.7	1.8	0.6	16.1	5.3	1.5	0.5
<b>RICE</b>																	
356	chicken katsu curry rice	1074.9	164.4	23.7	3.6	3.5	0.5	160.9	24.6	9.2	1.4	5.7	0.9	52.5	8	5.9	0.9
371	crispy tofu curry rice bowl vg	771.3	197.8	25.5	6.5	3.4	0.9	108.1	27.7	9.6	2.5	6.4	1.6	26.5	6.8	2.8	0.7
38	vegetable sticky rice vg gf	154.6	110.4	4.3	6.1	0.7	0.9	8.8	12.6	2.8	4	0.5	0.7	0.9	1.3	0.56	0.79
69	honey chicken rice pot	329.5	118.9	9.8	3	1.7	0.5	61.4	18.6	9.6	2.9	3.4	1	16.7	5.1	3.7	1.1
2	steamed jasmine rice vg gf	226	133	0.7	0.4	0.2	0.1	52	31	0	0	n/a	n/a	3.9	2.3	0.02	0.01
<b>BAOS</b>																	
243	chilli prawn bao	1125.6	227	50.7	9.4	4.8	0.9	146.4	27.1	24.8	4.6	1.3	0.2	44.1	8.2	3.8	0.7
420	crispy chicken katsu curry bao	1058	192.4	42.9	7.8	16.3	3	111.6	20.3	20	3.6	2.1	0.4	54.9	10	6.8	1.2
326	crispy tofu bao vg	1071.6	258.8	45.8	11.1	7.8	1.9	124.5	30.1	16.2	3.9	0.6	0.2	35.1	8.5	1.6	0.4
<b>CRISPY</b>																	
319	smoked chilli chicken wings gf	528	170	33.7	10.9	6.1	2	26.1	8.4	23.5	7.6	0.6	0.2	30.6	9.9	4.1	1.3
288	honey-soy chicken skewer gf	205.2	171	12	10	3.8	3.2	8.8	7.3	7	5.8	0	0	17.8	14.8	1.08	0.9
188	ping pong fried chicken	615.8	216.1	28.9	10.1	10	3.5	51	17.9	18.4	6.5	4.5	1.6	36.3	12.7	3.8	1.3
56	honey glazed spare ribs gf	486.9	194.8	25.5	10.2	9.9	3.9	29.1	11.6	28	11.2	0.2	0.1	35.9	14.4	1.9	0.8
186	potato & edamame cake v	225.7	225.7	16.4	16.4	1.9	1.9	16	16	0.9	0.9	1.5	1.5	2.5	2.5	0.26	0.26
363	crispy tofu vg	320	356	18.7	20.7	2.2	2.4	25.4	28.2	0.7	0.8	0.6	0.7	11.4	12.6	0.58	0.64
28	vegetable spring roll vg	195.7	261	11.2	14.9	1.7	2.3	20.9	27.9	0.4	0.5	3	3.9	3	3.9	1.35	1.8
26	duck spring roll	234.3	312.3	13.5	17.9	3.5	4.7	21	28	4.1	5.5	1	1.4	7.5	10	0.4	0.54
<b>BUNS</b>																	
23	char sui bun	229.5	244.1	1.5	1.5	0.4	0.4	48	51.1	20.8	22.1	1.7	1.8	6.7	7.2	1.2	1.2
179	vegetable bun vg	122.3	112.2	1.6	1.5	0.3	0.3	25.2	23.1	9.4	8.6	1	0.9	2	1.8	0.37	0.34
<b>DUMPLINGS</b>																	
354	shanghai chilli spinach mushroom wonton vg	291	200.7	14.1	9.7	1.6	1.1	28.1	19.4	12.2	8.4	2	1.4	14.3	9.8	1.4	1
132	black prawn dumpling gf	132	147	3.15	3.5	1.35	1.5	18	20	1.8	2	3.15	3.5	7	6.3	0.95	1.05
11	pork prawn shu mai	189	225	10.8	13	3.3	3.8	12	14	2.1	2.4	0.3	0.3	10.8	13	1.26	1.5
7	har gau gf	120	161	6	7.9	0.9	1.2	14.7	19	0.9	1.1	0.3	0.2	5.7	7.7	0.54	0.73
999	flaming phoenix – chicken dumpling	200	239.1	2.9	3.4	0.7	0.8	36.2	43	4	4.7	0.9	1	7.3	8.6	1	1.2
137	chicken and cashew nut dumpling	134.2	165.6	8	9.9	20.9	25.8	2.8	3.5	2.7	3.3	1	1.2	1.1	1.3	0.78	0.96
172	chicken xiaolongbao	99.9	148	2.7	4	0.75	1.11	14.5	21.5	3.6	5.4	0.2	0.3	4.2	6.2	0.54	0.8
19	spicy chicken chinese veg dumpling gf	110.3	136.2	3.9	4.8	1.5	1.9	19.4	24	1.6	1.9	0.1	0.1	3.9	4.8	0.99	1.22
17	spicy chinese vegetable dumpling vg gf	109	134.5	4.5	5.6	1.7	2.1	21	26	2	2.5	0.2	0.3	0.5	0.7	1.1	1.4
146	mushroom & leek dumpling vg gf	102.8	126.9	3.4	4.2	0.5	0.6	17.3	21.4	1.4	1.7	0.5	0.6	0.7	0.9	0.32	0.4
225	spinach and mushroom griddled dumpling vg	114.4	152.5	2.3	3	0.4	0.5	24.1	32.1	3.2	4.3	1.2	1.6	6.1	8.1	1.4	1.8
124	griddled spicy beef gyoza	198.4	206.7	8.8	9.2	1.1	1.2	21.6	22.5	3	3.1	1.2	1.3	8.6	9	0.79	0.83
<b>DESSERTS</b>																	
46	chocolate fondant (without ice cream) v gf	451.8	502	33.3	37	8.01	8.9	32.49	36.1	28.62	31.8	2.07	2.3	4.59	5.1	0.08	0.09
134	mini cheesecake with strawberry puree v	82.5	311.2	5.1	19.1	2.6	10	7.6	28.6	4	15.2	0.2	0.8	1.4	5.3	0.05	0.18
135	mini chocolate fondant v	117.6	392	7.6	25.2	1.4	4.6	9.8	32.5	7.6	25.3	1.1	3.7	2.1	6.9	0.06	0.21
232	black & gold custard bun v	298.8	249	10.6	8.8	1.4	1.2	42	35	3.6	3	0	0	8.4	7	0.5	0.41
133	passionfruit & mango mochi vg gf	69	215	2.9	9.1	2.4	7.6	10	32	7.6	24	0	0	0.4	1.1	0.03	0.09
	vanilla mochi v gf	73	228	2.3	7.2	1.4	4.4	12	37	8.8	28	0	0	0.9	2.7	0.05	0.15
	coconut mochi v gf	82.24	257	82.88	259	1.6	5	82.56	258	1.28	4	0	0	0.96	3	0.04	0.11
	honey roasted pistachio ice cream mochi v gf	71	223	9.4	3	4.6	1.5	38	12.2	26	8.3	0	0	1.2	3.8	0.15	0.048
53	ice cream / sorbet v gf																
	vanilla	134.4	224	8.1	13.5	4.9	8.2	11.8	19.7	11.8	19.7	0.1	0.16	2.6	4.4	0.1	0.15
	chocolate	150	250	7.26	12.1	4.44	7.4	13.98	23.3								